

The Wren Rises from Trauma to Triumph



Hilda Thomasine Wren's *The Wren Rises from Trauma to Triumph* is a clear and chilling reminder of the pain and struggle of the human condition and the hope that exists for all people as they begin to confront the issues that keep them from an awareness of their spiritual essence. Her courageous story helps us all to find the courage to move past the pain of our pasts and find our true selves that live beneath the veneer of self-judgment. This is a story of courage and hope. It gives us all the courage to find meaning in the challenges that we face and looks unflinchingly into the conditions that create deep challenges for many. It provides hope that the issues that formed our consciousness do not have to be debilitating, but that they can be used to find a deeper mean-

ing, a deeper connection and a deeper healing that can overcome and heal the scars of their experiences and get to know themselves only as beloved....Regardless of their pasts.

Rev. Jim Webb

Senior Minister

Takoma Metaphysical Chapel

Interfaith minister Hilda Thomasine Wren is a 2005 graduate of All-Faith Seminary International. She has been a chaplain at several hospitals in Maryland. She has volunteered as a victim's advocate for another hospital in the Washington, D.C. metropolitan area. She performs, weddings, baby naming, and blessings, and spiritual counseling. She lives in Frederick, Maryland.

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